



# Broccoli Salad

From Cooking Light

4 cups small broccoli florets (about 1 1/2 pounds)  
1 1/2 cups seedless green grapes, halved  
1 cup chopped celery  
1 cup raisins  
1/4 cup salted sunflower seed kernels  
1/3 cup light mayonnaise  
1/4 cup plain fat-free yogurt  
3 tablespoons sugar  
1 tablespoon white vinegar

Combine the first 5 ingredients in a large bowl.  
Combine mayonnaise and remaining ingredients, stirring with a whisk.  
Pour dressing over broccoli mixture, and toss well. Chill for 1 hour.

**Yield: 8 servings (serving size: about 1 cup)**

CALORIES 175 (29% from fat); FAT 5.7g (sat 0.8g, mono 1.4g, poly 3g); PROTEIN 3.4g; CHOLESTEROL 4mg; CALCIUM 55mg; SODIUM 148mg; FIBER 3.5g; IRON 1.2mg; CARBOHYDRATE 31g

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